243 While barley is the predominant crop, maize is an important secondary one. Wheat and rye are also grown but the latter is held in low esteem as a food product[1] and the former does not grow successfully on the thin residual soil of the region. In
241 [312] those areas where there are rivers or streams, small gardens are maintained by irrigation canals. In these are cultivated potatoes, tomatoes, onions, garlic, squash, turnips, green peppers and mint.

245 In addition to the grains, maize, and small vegetable gardens, many households also have orchards of fruit and nut trees. Fig, lemon, orange, pomegranate, walnut, almond, and olive trees are common. In some areas grapes are also cultivated. Around each house is a grove of prickly pears which serves not only as a means of preserving privacy, but also as a source of food. These products not only supplement and add variety to the regular diet but in the case of oranges, almonds
[258] and grapes serve as cash crops. The olives are pressed by the
[262] women to provide crude cooking oil. Nuts, dried grapes and figs
[221] are an important winter food reserve. The work of pruning and grafting goes on during the months of February-March-April.

243 In early summer harvesting begins. Both men and women engage in this activity, the men doing the reaping with hand

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[829] [1]Coon (1931:47-48) states that rye is highly praised by the Riffian but that since the Arabs scorn it as a foodstuff the Berbers are ashamed to admit its worth.